

AIRPOWER IS THE POWER OF AIRMEN

BAGRAM

NEWS EXPRESS

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NFL coaches visit Bagram Airmen



An Airman assigned to Bagram Airfield, Afghanistan, greets Marvin Lewis, the head coach of the National Football League's Cincinnati Bengals during a USO stop July 4, 2010. The stop included head coaches from the Cincinnati Bengals, Minnesota Vikings and the Philadelphia Eagles. (U.S. Air Force photo/Staff Sgt. Christopher Boitz)

By: Tech. Sgt. Drew Nystrom
455th Air Expeditionary
Wing Public Affairs

Four National Football League coaches visited Bagram Airfield here Independence Day to shake hands, sign autographs and hopefully, according to one coach, spread a few

smiles.

Coaches Andy Reid of the Philadelphia Eagles, Brad Childress of the Minnesota Vikings, Marvin Lewis of the Cincinnati Bengals and John Fox of the Carolina Panthers met with an estimated 2,000 people here as part of a tour conducted in partnership between the NFL and the USO.

In addition to signing autographs and shaking hands the coaches also saw firsthand what it means to supply the fight.

"My biggest impression is what a

See NFL, Next



Andy Reid, head coach of the National Football League's Philadelphia Eagles, poses for pictures with Senior Airmen Stephanie Greene and Peter Garcia during a USO stop at Bagram Airfield, Afghanistan, July 4, 2010. (U.S. Air Force photo/Staff Sgt. Christopher Boitz)

NFL, Cont.

monumental undertaking it [the war effort] is," Coach Childress said.

"It was impressive seeing all the munitions, vehicles and personnel that have to come here. It just doesn't happen overnight and it doesn't happen with one person. It's a process. Logistically, it's impressive.

"Then to get here and understand the gravity of it," he said, "that we're fighting a war and there are people in harm's way."

The sacrifices made and dedications called for by Team Bagram to defend the base and win the fight were also noted by the head coaches.

"This tour has given us an opportunity to come here and say 'thank you' to the young men and women

of the U.S. military," Coach Lewis said. "What they do is phenomenal with their sacrifice and dedication to our country.

"It's just been awesome to see our capabilities and how hard and dedicated they [the servicemembers] are to their work and keeping our freedom safe," he said.

Even in a war zone, the Airmen, Soldiers, Sailors and Marines assigned to Bagram Airfield still took time to celebrate the Fourth of July and the coaches were there to share it with them.

"This is special with it being the Fourth of July," Coach Reid said. "You see the festivities, but also understand the significance of the freedom of our country and what it means."

"There is a fun side today, but

there's a whole business side behind that," Reid said. "We've been able to see both. It's neat to watch the soldiers celebrate and allow us to celebrate with them. At the same time we understand the hard work that it takes to keep us free," said the five-time National Football Conference champion head coach.

The Panthers' John Fox agreed.

"Obviously, July Fourth is a special date, but watching the commitment and sacrifice these guys [servicemembers] make and the organizational leadership they're getting from the top down has been a special, life-changing event for me," Coach Fox said.

Visiting Bagram Airfield also gave Coach Childress an opportunity to reconnect with one special Marine here.

"I've got a son who's serving in the Marines and I got a chance to see him while I was here," said the Vikings head play caller.

"I have a great deal of pride that he does what he does for the people of the United States. All you guys serve voluntarily and live out your lives in harm's way," he said. "I have a greater appreciation for the fact that it's not just strolling around. There are people shooting back," the coach said.

The coaches said they enjoyed their time at Bagram Airfield interacting with the Airmen and other servicemembers.

"I think it's great to come here and visit with you guys. We know there are people back there [the United States] that don't 'get it' and our job is to leave here and maybe help them understand a little more," Coach Childress said.



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HEADQUARTERS
International Security Assistance Force/
United States Forces - Afghanistan
Kabul, Afghanistan
APO AE 09356



4 July 2010

HQ ISAF

To the Soldiers, Sailors, Airmen, Marines, and Civilians of NATO's International Security Assistance Force:

We serve in Afghanistan at a critical time. With the surge in ISAF strength and the growth of Afghan forces, we and our Afghan comrades have a new opportunity. Together, we can ensure that Afghanistan will not once again be ruled by those who embrace indiscriminate violence and trans-national extremists, and we can ensure that Al Qaeda and other extremist elements cannot once again establish sanctuaries in Afghanistan from which they can launch attacks on our homelands and on the Afghan people.

This has been a hard fight. As you have soldiered together with our Afghan partners to reverse the Taliban momentum and to take away Taliban safe havens, the enemy has fought back. ISAF and Afghan Forces sustained particularly tough losses last month. Nonetheless, in the face of an enemy willing to carry out the most barbaric of attacks, progress has been achieved in some critical areas, and we are poised to realize more.

This effort is a contest of wills. Our enemies will do all that they can to shake our confidence and the confidence of the Afghan people. In turn, we must continue to demonstrate our resolve to the enemy. We will do so through our relentless pursuit of the Taliban and others who mean Afghanistan harm, through our compassion for the Afghan people, and through our example and the values that we live.

Together with our Afghan partners, we must secure and serve the people of Afghanistan. We must help Afghan leaders develop their security forces and build their capacity to govern, so that they can increasingly take on the tasks of securing their country and seeing to the needs of the Afghan people.

This endeavor has to be a team effort. We must strive to contribute to the "Team of Teams" at work in Afghanistan and to achieve unity of effort with our diplomatic, international civilian, and Afghan partners as we carry out a comprehensive, civil-military counterinsurgency campaign.

We must also continue our emphasis on reducing the loss of innocent civilian life to an absolute minimum. We must never forget that the decisive terrain in Afghanistan is the human terrain.

Protecting those we are here to help nonetheless does require killing, capturing, or turning the insurgents. We will not shrink from that; indeed, you have been taking the fight to the enemy and we will continue to do so. Beyond that, as you and our Afghan partners on the ground get into tough situations, we must employ all assets to ensure your safety, keeping in mind, again, the importance of avoiding civilian casualties.

I appreciate your sacrifices and those of your families as we serve in a mission of vital importance to the people of Afghanistan, to our nations, and to the world. And I pledge my total commitment to our mission as we work together to help achieve a brighter future for a new country in an ancient land.

*It is a privilege to
serve with you.*

DAVID H. PETRAEUS
General, United States Army
Commander

Team Bagram competes for the CC's cup





455th EMDG
VICTORIOUS!



Afghanistan going green

By U.S. Air Force 2nd Lt. Jason Smith
Provincial Reconstruction Team
Panjshir

PANJSHIR PROVINCE, Afghanistan – Panjshir Governor Keramuddin Keram met with PRT Panjshir July 1 to discuss a project that could bring 35,000 new trees to the province by the end of the year.

U.S. Army Lt. Col. Jeffrey Casada, Kentucky National Guard ADT leader with PRT Panjshir, and Jim Hoffman, U.S. Department of Agriculture advisor to PRT Panjshir, presented the governor with a slide show highlighting key elements of the Panjshir Valley Green Belts Project.

The ADT, in a joint venture with the PRT and provincial government line directors, have proposed a large-scale reforestation project. The purpose of the meeting was to bring the plan to the governor's attention to obtain full consensus, Hoffman said.

"Decades of war have caused deforestation in the Panjshir Valley," said Hoffman, a Boise, Idaho, native.

"The loss of the tree cover is causing soil erosion, landslides and destabilization of the sides of the valley.

Planting trees and other shrubs helps to stabilize soil and snowpack and will allow for continued normal hydrological functions of the Panjshir River drainage. In turn, it will have positive effects for the people and businesses downstream."

During his presentation to the governor, Casada, a London, Ky. native, said the project will involve planting 5,000 seedlings in each of the six districts and one municipality. Each district would have two belts of 2,500 trees.

"Our goal is to start in October of this year and finish in November," Casada said. "We'll start in Paryan and move south to Shutol.



Panjshir Gov. Keramuddin Keram talks with U.S. Air Force Lt. Col. Curtis Velasquez, Provincial Reconstruction Team Panjshir Commander and Abilene, Kan., native, about a project that could bring 35,000 new trees to the province by the end of the year. (Photo by U.S. Air Force 2nd Lt. Jason Smith, PRT Panjshir Public Affairs)

"We're proposing hiring 10 day laborers per district for a total of 70 in the province," Casada said.

According to the proposal, the Panjshir Director of Agriculture, Irrigation and Land and his staff would receive two days of training prior to the arrival of the trees. In addition, the 70 tree planters would receive one day of training. The tools purchased to use in the project will remain in the districts where they are used.

Five thousand Eco Bags are also part of the proposal. Casada said the Eco Bags are a form of new technology used in agriculture. He said each bag holds 28-30 days of water that slowly drips where the plants or trees

need it. If used properly, the bags eliminate the need to water the trees by traditional standards.

Keram had many questions during the presentation. One concern he had was that the right trees would be planted for the right climates of the individual districts. Through an interpreter, he said projects like this have failed in the past, and he wanted a realistic assessment of the survival rate for the trees.

"Some will not survive the winter," Casada said. "Our goal is for 70 percent of these trees to live."

Near the conclusion of the meeting,

See TREES, Next

TREES, Cont.

Casada said, “This project will last 180 days or less. That’s six months to get the trees planted, watered and off to a good start.

“I’m asking your help to get the letters of support from the districts so we can submit this project.”

U.S. Air Force Lt. Col. Curtis Velasquez, PRT Panjshir commander and Abilene, Kan., native, told Keram that while it's important to have his support for the project, it's also important to have district and village leaders be a part of the plan for it to work in the long term.

“The Panjshir Valley Green Belts Project has many potential benefits,” Velasquez said.

“Workers will get training and have jobs while the project is ongoing.

Also, as discussed by our agricultural experts, this could reduce flooding and soil erosion, improve irrigation, provide electricity, support fisheries, recharge groundwater, and support forest resources,” Velasquez said.

Following a discussion after the presentation, Keram told the group that the project had his support.

He said he would work with the line directors and local leaders to get

their support as well.

He concluded the meeting on a motivational and humorous note.

“According to this plan, give me a shovel and I’ll get started digging,” Keram said.

“It fits in with many elements of the Provincial Development Plan that deal with water,” Hoffman said.

“They’re generated from the Afghan people in their PDP as individual projects, and they’re covered in the larger analysis of Task Force Wolverine and Regional Command-East.”



Panjshir Governor Keramuddin Keram (left) listens to a presentation about the Panjshir Valley Green Belts Project from U.S. Army Lt. Col. Jeffrey Casada (right), Kentucky National Guard Agri-Business Development Team leader with Provincial Reconstruction Team Panjshir and London, Ky., native, while Jim Hoffman, U.S. Department of Agriculture advisor to PRT Panjshir and Boise, Idaho, native, runs the computer slide show. The July 1 presentation proposed a project that would bring 35,000 new trees to the province by the end of the year. (Photo by U.S. Air Force 2nd Lt. Jason Smith, PRT Panjshir Public Affairs)

News you can use: Equal Opportunity

By: Master Sgt. Ray Anderson, 455th Air Expeditionary Wing,

What does it mean to be an Airman? As we learn, recite, and memorize our Airmen's Creed each of us brings something special and irreplaceable to the team we call the USAF.

Our Airmen's creed speaks directly to the importance of diversity and recognizing the true power that differences bring to our Air Force team. As an Airman, our team is made up of individuals with their own heritage, traditions, and valor. To be an Airman is to be individually different but universally aligned toward a common goal and purpose. To bring our own strengths, talents, and skills together with over 300,000 others is no easy feat. Like the frame

which draws its strength from the individual fibers that make up the entire piece, these differences and our ability to weave them together has built our military into the most diverse and successful Armed Forces in the world.

Every day each of us is confronted with various aspects that illustrate the incredible dynamics of diversity. Whether it's as simple as different AFSCs working together to launch planes or the more complex difference of each person's physical make-up and heritage, differences and recognizing and accepting each person's unique attributes fills in the gaps of performance that would remain open if everyone was forced to

fit one mold and offer one set of gifts to our service. Capitalizing on the strengths our individual differences bring to the fight will ensure that Team BAF and our greater AF and DoD team remain the guardian of freedom, our nation's sword and shield, and its sentry and avenger.

As an American Airman, we are singularly proud of the differences we bring because without them our Air Forces common heritage, tradition of honor, and legacy of valor would not be possible nor shared by each of us who serves that greater good in the defense of our nation.

EO's Did You Know?

One of the most effective, yet least utilized tools available for conflict resolution in the workplace is alternate dispute resolution.

It is Air Force policy to voluntarily use ADR to the maximum extent practicable to resolve disputes at the earliest stage feasible, by the least expensive method possible, and at the lowest possible organizational level.

Any employee or supervisor with an eligible workplace dispute may voluntarily participate in the ADR process, especially if interpersonal disputes impact productivity or morale; the parties desire a swift settlement of a dispute and; the parties wish to establish, maintain or restore a good working relationship; however, it should not be used if precedence setting resolutions are required;

when the matter involves significant questions of government policy or; when the issues affect parties or organizations outside the jurisdiction of BAF. ADR fosters win-win resolutions; allows the parties to discuss and resolve disputes in a non-threatening environment; saves time and money; improves relationships between the parties; allows both parties to craft their settlement agreement and; improves the overall organizational and mission effectiveness and morale; however, is not intended to substitute for appropriate disciplinary action under AFI 36-704 or other AFI's.

For questions or additional information on the ADR process contact MSgt. Ray Anderson in Bldg. 726, across from the "Rock Gym" or by phone at DSN 318-481-6226.

Fear of complaints can paralyze federal supervisors

By Michael Corum,
Cyberfeds correspondent

Federal supervisors are often prevented from taking needed personnel actions because they are intimidated by employees who use a barrage of grievances, EEO complaints, whistleblowers act, letters to Congress & even more inventive ways of reaching outside bodies.

Federal employees who engage in "protected activities," which include filing complaints & making allegations of fraud, waste & abuse through channels are protected by a variety of laws. Federal managers who take reprisal actions--usually personnel decisions--against these employees can face serious

See REPRISAL, Next

REPRISAL, Cont.

sanctions. Knowing this, many employees try to bully managers by filing various charges. They then file reprisal complaints in the hope to gain an advantage & make managers afraid to discipline them, RIF them, reassign them, non-select them or remove them, even for legitimate reasons. Doing nothing is no solution, so the supervisor turns to HR with the classic dilemma: Someone files an EEO complaint one day & the next day misuses a government credit card. If the supervisor takes any sort of action against the employee, back will come a complaint alleging that the action is reprisal for the

EEO complaint. So, the first instinct is to simply do nothing. Then you wind up with two sets of work rules--one for employees who file complaints & one for everyone else. When there is a need for a personnel action in a potential reprisal situation use these tips: **1. Do not back away from a legitimate action.** If you do not deal with a performance or conduct issue, you are condoning the behavior. This will only make it harder to deal with the situation later. **2. Do not needlessly delay decisions.** Remember the timing factor. The longer you delay an otherwise sound personnel decision, the less legitimate it looks & the greater the chance for an employee to establish a

presumption of reprisal. **3. Be consistent.** Your ultimate defense against any reprisal allegation is that you have treated everyone else the same way--or that you have made the same or similar decisions with employees who did not file complaints. **4. Always be prepared to back up your decision with legitimate non-retaliatory reasons.** Remember: the legitimacy of the action always outweighs any possible motivation for reprisal. No matter what evidence may exist of retaliatory motive on your part, your ability to prove the legitimacy & soundness of the action will overcome any presumptions of reprisal.

455TH AIR EXPEDITIONARY WING WARRIOR OF THE WEEK

Staff Sgt. Cody Engelke, 577th Expeditionary Prime BEEF Squadron



Staff Sgt. Cody Engelke is this week's 455th Air Expeditionary Wing Warrior of the Week. He is an engineering journeyman deployed from Fairchild Air Force Base, Wash., assigned to the 577th Expeditionary Prime BEEF Squadron.

As a civil engineer, Sergeant Engelke's duties include expeditionary land surveying, the use of auto computer aided design software and geographic information system drafting technology. He is also responsible for developing and updating technical files for contracts, construction, renovation of Army facilities and assets; performing conventional and global positioning system surveying and providing direct technical support to military and civilian engineers.

The 577th EPBS is responsible for providing direct engineer support to U. S. Forces – Afghanistan in our efforts to "shape, clear, hold, and build" the battle space in Regional Command, East.

Sergeant Engelke was chosen due to the positive impact he has had on the mission and the determination he has shown in implementing and improving upon the standards of practices utilized by his shop to guarantee the success of the squadron's mission.

History Spotlight:

Alexander the Great and the Conquest of Afghanistan

By: Ms. Ashley Armes, 455th Air Expeditionary Wing Historian

Located at the crossroads of Central, Southern, and Western Asia, Afghanistan has a rich and complex history. Alexander the Great, a Greek king of Macedon and student of Aristotle, figures prominently in Afghanistan's history. In 336 BC, at the age of 20, Alexander succeeded his father to the Macedonian throne and began aggressively expanding his empire.

Alexander invaded Asia Minor, conquered the entire Persian Empire, which included parts of Egypt, Syria, Mesopotamia, Persia and Bactria. The Bactria region includes parts of present-day Afghanistan, Uzbekistan, Turkmenistan and Tajikistan. The two major cities of Bactria, Aornos (near present-day Kholm in Balkh Province in Northern Afghanistan) and Bactra (near modern-day Mazar-e Sharif) surrendered to Alexander's forces without resistance in 329 BC.

Still, much like the British and the Soviet Union experienced in the 19th and 20th centuries, Alexander's army encountered significant resistance from some Bactrian natives and nomadic tribes. Some Bactrian chieftains offered their submission to Alexander and were made *satrapies*, or provincial governors. However, many continued to fight against the invaders. It took over two years for Alexander's forces to subdue the area.

In the process of conquest, Alexander founded Kandahar and several other Afghan cities, in addition to rebuilding the city of Bagram. He also married a Bactrian woman, Roxana, with whom he had a son. True to his ambitious character, Alexander was not satisfied with his territorial acquisitions, and launched an invasion into Pakistan and India. Once they reached the Hyphasis River, however, his army mutinied and

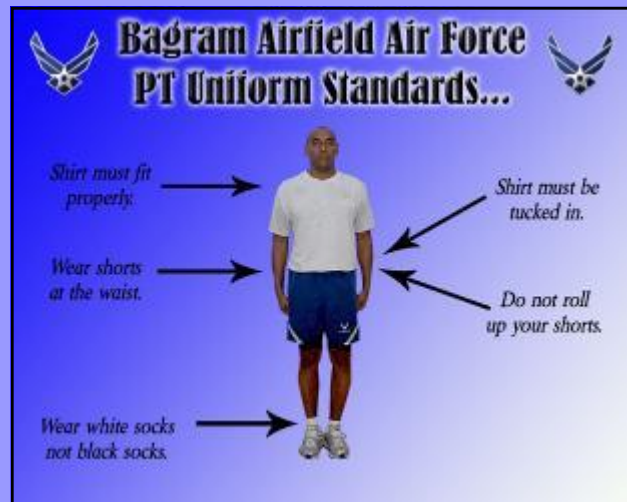
refused to continue eastward.

Alexander eventually returned to Babylon, where he died in 323 BC at the age of 32. With his departure, Bactria was essentially divided between the generals of Alexander's army. Bactria became part of the Seleucid Empire, named after Seleucus, a Macedonian ruler like Alexander. The Hellenistic or Greek influence in Bactria lasted several centuries, and for a time, the Greek language was a dominant tongue in the region. Some tribes, such as the Kalash of the Hindu Kush residing in modern-day Pakistan, claim to be direct descendants of the Greeks. While many are skeptical of this claim, one fact is certain: Alexander the Great and his army were one of many groups to impact the history of Afghanistan.



Camp Cunningham Tips of the Week

455th Air Expeditionary Wing Dress and Appearance Standards



TATTOOS are not to exceed over 1/4 of the exposed body part. Excessive tattoos are required to be removed upon notification of the commander. If you have a tattoo in question seek guidance from your chain of command.



YOU CAN'T RUN FROM THE RULES

WEDNESDAY

0100, 0800, 1300 & 1930



SATURDAY

0100, 0800, 1300 & 1930



THURSDAY

0100, 0800, 1300



*Movie Under The Stars
1930 @ Town Hall*

*Valtare's Nest
Movie Nights*

FRIDAY

0100, 0800, 1300 & 1930



SUNDAY

0100, 0800, 1300 & 1600



July 7 Through July 11

SARC FAQs

Sexual Assault Prevention Safety/Risk Reduction Information:

Sexual Assault can occur in any type of relationship, but most perpetrators of sexual assault are known to their victims. Among victims ages 18 to 29, two-thirds had a prior relationship with the offender. The Bureau of Justice Statistics (BJS) reports that, in 2000, 6 in 10 rape or sexual assault victims said that they were assaulted by an intimate partner, relative, friend, or acquaintance. Call the Sexual Assault Response Coordinator (SARC) at 431-4060 or contact via Command Post at 431-4400 for help. Army members should seek assistance with their Unit Victim Advocate (UVA) or D-SARC (Deployed SARC); you may also call 431-4060 or 431-4400 via Command Post for assistance.

Always take a Wingman

If you are interested in becoming a
Victim Advocate, contact
Capt. Jose Milan
DSN: 318-431-4060
455aew.sarc@bgab.afcent.af.mil



The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror. Eagle Eyes teaches people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it. You are encouraged to learn the categories of suspicious behavior and stay attuned to your surroundings.



•Surveillance – Recording or monitoring of activities

•Elicitation – People or organizations attempting to gain information about military operations, capabilities or people.

•Tests of Security – Any attempts to measure reaction time to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

•Acquiring Supplies – Purchasing or stealing military sensitive equipment (ACOGS, NVGs, AN-PEQ 15), weapons, ammunition, uniforms, passes or badges or any other controlled items.

•Suspicious Persons - People who do not belong in the workplace or base.

•Dry Run – Putting people into positions and moving them around according to their plan without actually committing the terrorist act.

•Deploying Assets – People and supplies getting into position to commit the act.

All Bagram personnel (military and civilian) are vulnerable to exploitation. The Eagle Eyes program relies on everyone to report suspicious activity they observe. If you notice any suspicious activity with an immediate threat, report the incident to the Provost Marshall's office or Security Forces. If the incident is just suspicious, please call AFOSI at 481-8469.

NEWS BRIEFS

NEWCOMERS INPROCESSING: All Air Force members are required to in-process with PERSCO. The in-processing will start your combat pay entitlements. If you have been in the area of responsibility for at least 30 days and you are not receiving combat pay, visit Finance in the crow's nest tower on Camp Cunningham. If you know for a fact that you did not in process with PERSCO, visit PERSCO located in Bldg. 700 near the passenger terminal. Call 431-2070/4409 for more information.

COMBAT O: Combat Orientation is every Friday at 1245Z/0515L at the MWR Clamshell. Uniform is Air Force PT uniform for fitness assessment. This is a mandatory briefing for all Air Force personnel assigned to Bagram Airfield. Accountability is tracked and will be forwarded to the first sergeants.

BAF MAIL:

BAF residents, ensure individuals sending mail have your most current contact information. Ensuring proper postal codes are used alleviates any delays in receiving your mail. Below is the contact information required for individuals to receive mail.

NAME - (Eg. Jane Doe; no rank)

UNIT - (Eg. 455 ECS/SCXK)

Bagram Airfield or BAF

APO AE 09352

CITIZENSHIP FOR MILITARY MEMBERS:

If you are a deployed member of the U.S. Armed Forces and interested in becoming a U.S. citizen, you may be eligible to apply for citizenship under a special provision in the Immigration and Nationality Act. The Combined Joint Task Force 101 legal client service office can assist and conduct naturalization ceremonies on Bagram Airfield in May and November of each year. For any questions or assistance contact the CJTF- 101 legal client service office at 481-8540.

COMBAT STRESS: has two new programs to help servicemembers cope with traumatic events. Trauma Restoration helps individuals overcome stress reactions from traumatic combat and operational events they've experienced, while Trauma Resiliency training helps the individual prepare for successfully performing in a future potentially traumatizing event. Groups are available each week-contact CSC for further information at 431-4639 or view the RC East CSC website at <http://bgrma7afgmedsh1/CSC/default.aspx>.

455th AEW Safety tip of the week

SPEED LIMITS -Eight (8) kilometers per hour (kph)/five (5) miles per hour (mph) when approaching or passing troop formations, in parking lots and troop areas, to include billeting areas, and when driving on Disney Road during physical training (PT) hours with a pass. Twenty-five (25) kph/fifteen (15) mph unless otherwise posted. If you have questions, please contact the Safety Office at 431-4743.

455th AEW Financial Tip of the Week

SDP (Savings Deposit Program) - was established to provide members of the uniformed services serving in combat zones the opportunity to build up their financial savings. Member needs to be in the AOR for at least 30 consecutive days in order to participate in the program. Deposits can be made by allotment, check or Eagle Cash Card. Copy of orders, current Leave and Earnings Statement and Identification Card are required to make a deposit. Deposits may not be less than five dollars and must be in multiples of five dollars. You can only deposit the amount of paychecks you have accrued in the deployed location. Amounts up to 10, 000 dollars may be deposited, earning 10 percent interest per annum (two and one half percent quarterly). Interest will continue to accrue on the account up to 90 days after departure from the combat zone. After that 90 days, interest will stop accruing. You can track/withdraw your SDP via myPay.

455th AEW Policies and Procedures

FLIGHTLINE PHOTOGRAPHY — Personnel on Bagram Airfield are not authorized to take still photography or video imagery on the airfield flight line unless authorized by the 455th Air Expeditionary Wing Public Affairs office and 455th Expeditionary Security Forces Squadron. Images must be used for official use only. Violators of this policy will be detained and possibly taken into custody. Call 455th AEW/PA at 431-2371 for more information.

CAMP CUNNINGHAM's



JULY 2010

Recreation Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Vultures Nest 481-6216/447-2221				1 BINGO 0800 <i>Black Jack</i> 0900 hrs TEXAS HOLD 'EM 1930 HRS	2 POOL TOURNAMENT 1300 BINGO 1930 SPADES 2100	3 BINGO 0045 TEXAS HOLD 'EM 1220 TOURNAMENT OF CHAMPIONS 1930 HRS
4 COMMANDERS CUP Karaoke 1900 hrs	5 BINGO 0800 POOL TOURNAMENT 1500 OMAHA 1930	6 TEXAS Hold'em 0800 & 1930	7 Trivia Night 1930 hrs Black Jack 2100 hrs	8 BINGO 0800 <i>Black Jack</i> 0900 hrs TEXAS HOLD 'EM 1930 HRS	9 BINGO 1930 SPADES 2100	10 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
11 Black Jack 1800 Karaoke 1900 hrs	12 BINGO 0800 OMAHA 1930	13 TEXAS Hold'em 0800 & 1930	14 Trivia Night 1930 hrs Black Jack 2100 hrs	15 BINGO 0800 <i>Black Jack</i> 0900 hrs TEXAS HOLD 'EM 1930 HRS	16 POOL TOURNAMENT 1500 BINGO 1930 SPADES 2100	17 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
18 Black Jack 1800 Karaoke 1900 hrs	19 BINGO 0800 POOL TOURNAMENT 1500 OMAHA 1930	20 TEXAS Hold'em 0800 CASINO NIGHT 1930	21 Trivia Night 1930 hrs Black Jack 2100 hrs	22 BINGO 0800 <i>Black Jack</i> 0900 hrs TEXAS HOLD 'EM 1930 HRS	23 BINGO 1930 SPADES 2100	24 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
25 Black Jack 1800 Karaoke 1900 hrs	26 BINGO 0800 OMAHA 1930	27 TEXAS Hold'em 0800 & 1930	28 Trivia Night 1930 hrs Black Jack 2100 hrs	29 BINGO 0800 <i>Black Jack</i> 0900 hrs TEXAS HOLD 'EM 1930 HRS	30 BINGO 1930 SPADES 2100	31 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS

CAMP CUNNINGHAM's




Fitness Calendar

July 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE ROCK FITNESS CENTER 431-3585				1 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	2 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 CORE CLASS 2000 MMA	3 INDEPENDENCE DAY 5K 0600 AVESAR 0530/1430/1630 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
4 COMMANDERS CUP 1400 P90X 1600 Plyometrics 1830 YOGA 2000 MMA	5 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	6 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	7 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	8 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	9 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	10 0530/1430/1630 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
11 1400 P90X 1600 Plyometrics 1830 YOGA 2000 MMA	12 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	13 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	14 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	15 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	16 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	17 0530/1430/1630 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
18 1400 P90X 1600 Plyometrics 1830 YOGA 2000 MMA	19 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	20 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	21 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	22 2100 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	23 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	24 5 ON 5 BASKETBALL 1400 0530/1430/1630 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
25 1400 P90X 1600 Plyometrics 1830 YOGA 2000 MMA	26 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	27 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	28 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	29 2100 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	30 0530/0600/1430/1700 P90X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	31 0530/1430/1630 P90X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 JULY 2010 MWR EVENTS CALENDAR				1 MCQC COMBATIVES CLASS 0545-0700L / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL TOP 40 NIGHT 2100-2200L / MWR CLAMSHELL LL	2 HIP HOP NIGHT 2100-2200L / MWR CLAMSHELL	3 "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL COUNTRY NIGHT 2030-2200L / MWR CLAMSHELL Independence Day 5K 0600L MWR Clamshell
4 Religious Services 1430-1730L MWR Clamshell Firecracker 5K 0600L MWR Clamshell 4th of July Parade 1500L / Camp Cunningham Town Hall	5 MCQC COMBATIVES CLASS 0545-0700L / MWR CLAMSHELL	6 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL KARAOKE/BOARD GAME NIGHT 2030-2200 / MWR CLAMSHELL	7 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL CLAMSHELL ROCK BAND NIGHT 2000-2345L / 8-BALL THEATER	8 MCQC COMBATIVES CLASS 0545-0700L / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL TOP 40 NIGHT 2100-2200L / MWR CLAMSHELL LL	9 HIP HOP NIGHT 2100-2200L / MWR CLAMSHELL	10 "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL COUNTRY NIGHT 2030-2200L / MWR CLAMSHELL
11 Religious Services 1430-1730L MWR Clamshell	12 MCQC COMBATIVES CLASS 0545-0700L / MWR CLAMSHELL	13 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL KARAOKE/BOARD GAME NIGHT 2030-2200 / MWR CLAMSHELL	14 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL CLAMSHELL ROCK BAND NIGHT 2000-2345L / 8-BALL THEATER	15 MCQC COMBATIVES CLASS 0545-0700L / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL TOP 40 NIGHT 2100-2200L / MWR CLAMSHELL LL	16 HIP HOP NIGHT 2100-2200L / MWR CLAMSHELL	17 "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL COUNTRY NIGHT 2030-2200L / MWR CLAMSHELL
18 Religious Services 1430-1730L MWR Clamshell	19 MCQC COMBATIVES CLASS 0545-0700L / MWR CLAMSHELL	20 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL KARAOKE/BOARD GAME NIGHT 2030-2200 / MWR CLAMSHELL	21 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL ROCK BAND NIGHT 2000-2345L / 8-BALL THEATER	22 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL TOP 40 NIGHT 2100-2200L / MWR CLAMSHELL LL	23 HIP HOP NIGHT 2100-2200L / MWR CLAMSHELL	24 "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL COUNTRY NIGHT 2030-2200L / MWR CLAMSHELL
25 Religious Services 1430-1730L MWR Clamshell	26 MCQC COMBATIVES CLASS 0545-0700L / MWR CLAMSHELL	27 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL KARAOKE/BOARD GAME NIGHT 2030-2200 / MWR CLAMSHELL	28 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL ROCK BAND NIGHT 2000-2345L / 8-BALL THEATER	29 MCQC COMBATIVES CLASS 0545-0700 / MWR CLAMSHELL "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL TRIVIA NIGHT 2000-2100L / MWR DRAGON R&B OLD SCHOOL NIGHT 2030-2200L / MWR CLAMSHELL	30 HIP HOP NIGHT 2100-2200L / MWR CLAMSHELL	31 "BODY FOR LIFE" 1900-2000L / MWR CLAMSHELL COUNTRY NIGHT 2030-2200L / MWR CLAMSHELL

PROPER WEAR OF ABU PATROL CAP



Incorrect



Incorrect



Correct

AFI 36 - 2903, DRESS AND PERSONAL APPEARANCE OF AIR FORCE PERSONNEL, Table 2.2.
Men's Battle Dress Uniform, page 56

Headgear (BDU Cap) Mandatory - ABU rules apply because it is the same style hat

Squarely on the head with no hair protruding in front of the cap; when not being worn, may be stowed in either of the lower cargo pockets on the trousers.

BDU caps required for all deployments, field training, mobility exercises and recalls.

Hat may not be pushed, rolled, folded or tucked in. (e.g.; Ranger Fold) Plain without design.

AFCENTI 36-2903; DRESS AND APPEARANCE OF AIR FORCE PERSONNEL DEPLOYED TO USCENCOM AOR

3.1.2. ABU caps will not be rolled, tucked or otherwise formed (Ranger Roll and other adjustments are not authorized). Caps will be worn in their natural form.